



## **GFL Food Poverty Sub Group Meeting (2)**

FareShare Social Kitchen Launch & Holiday Meals Provision Discussion

Thursday 22<sup>nd</sup> Feb 2018, 12.30-3pm, PLACE/Ladywell

### **Attendance**

Jacky White – Age UK  
Caroline Hughes – Age UK / Food2You  
Rachel Ledwith – FareShare  
Gwenda Scott – Public Health Lewisham  
Grahame Foxy – Foxy's Woodfired Pizza – Street Food  
Lakhvinder Matharu – Public Health Lewisham  
James Small – Chartwells  
Karis Betts – Chartwells  
Shereene Weston – Training Kitchen manager, Chartwells  
Kathleen – GCDA Cookery Club Tutor  
Tosin – Lewisham Homes  
Jenny Couper – NXGTrust  
Kareem Dayes – Lewisham Homes  
Chris – Lee Greens  
Uleeta – Downham Nutrition Partnership  
Deborah Efemeni – Lewisham Council – Catford Market

Nina Avramova – City University Student (studying food poverty in London)  
Eliza Stuart – GCDA / Good Food Lewisham  
Philippe Granger – Rushey Green Time Bank

### **Apologies**

Jane – Lewisham Cyclists  
Iolanda – AFRIL  
Adam Pope – Phoenix  
Sarah Wicken – Phoenix  
Sareta Puri – Plant Based Zero Waste  
Carol Bostridge – Lewisham Food Bank  
Tom Ghallager – Sydenham Gardens  
Matthew Houghton – Fusion  
Maria Devereau – Wildcat Wilderness  
Aleksandra Wegrzyn – Wheels for Wellbeing  
Alys Exley-Smith – Lewisham Homes  
Ian & Monika – The Greenhouse, Deptford  
Catherine Flannery – Holbeach School Garden (PTA)

### **Chaired by Gwenda Scott**

### **Intro**

Gwenda – What we are launching etc.

Philippe – Welcomed to RGTB, what PLACE/Ladywell is and who it's open to.

### **FareShare (FS) Presentation**

#### **Introduction**

- Rachel is responsible for FS London
- FS is UK-wide, responsible for capturing food surplus in UK
- FS taking 2 sides of a problem and bringing together to create social impact.
- FS focus on food and drink thrown away from industry - 270,000 tonnes of food thrown away is suitable for consumption and could be fed to ppl in need

- 8.4 million ppl in UK are currently struggling to feed themselves. Of that, 1.3million ppl are considered destitute. FS are trying to bring together both to create a solution
- Squeezing as much social impact out of each contact and initiative as possible!
- Fareshare's ethos is about giving people a hand **up** rather than a hand **out**
- To engage with FS, you must be engaging with and helping vulnerable people. Don't have to be a charity

### Volunteering

- FS are reliant on army of volunteers – Food Heroes!
- Only 7 paid staff across London so volunteers are main driving force - [SIGN UP TO VOLUNTEER](#)
- Volunteer experience and qualifications – Food Safety Level 2 (FSL2), forklift truck training, working in a warehouse, ...

### The Food

- Categories FS accept – everything that goes through a retail environment!
- Work with over 450 elements of the food and drink industry
- Surplus food occurs due to:
  - Seasonality
  - Over production
  - Barcodes - if there is a mistake with the wrong barcode
  - On pack promotion - if not sold by the date, taken off of the shelves
  - Branding that has gone wrong
  - Etc

### Community Food Membership – Process

1. Complete application form online at fareshare.org.uk
  2. FS then come out and do site visit
  3. FS create a food profile for your organisation so they know what type of food you are after to help match needs - also increases education around food
- \*Note: Minimum of 1 person in each organisation have FSL2

### New Projects: (colours indicate different projects)

#### **Local Collection Points (LCP)**

- Example: RGTB could be a great Local Collection point!
- LCPs will help to expand the reach of FS in London
- FS vans drop off food for 6-10 charities at one point, for other groups to come and collect.
- Could be good for increasing sales and footfall to local businesses and cafes

#### **FS Food to Individuals – A new distribution model (Social Kitchen)**

- There is a stigma around Foodbanks – how do we move beyond this but still provide / offer food bank style food to individuals?
- The individuals and families being offered food will need to have facility to store chilled foods – people working with will have lower immune systems etc. so it needs to be stored correctly!
- Transportation of food back to individuals must be done in the right way. It is not impossible, but there are a few extra steps

#### **Social Kitchen / Pantry Model, Elements of offer:**

1. It is not commercial;
2. It is already running successfully in New Addington – their model:

- a. Set up membership with local individuals.
  - b. They buy into membership for e.g. £10 a month
  - c. They can then access other things like debt advice, employability etc.
  - d. They get access to colour-coded food (this helps to change peoples' behaviour habits, as well as making the share of food fairer)
  - e. Able to work with people you know you want to target – good for housing associations to create community cohesion. Knowing families want to target specifically to engage them in a 'shopping environment' that isn't shopping.
3. Chilled food can be offered. As well as increasing the nutritional value of the food they consume. More access to more choice! Just because people are struggling, why should they not be able to get yoghurts!?
  4. [Stockport Homes housing have a pantry model](#) - they have a toolkit (with a small fee?) for how to replicate this. Very good tool! In Stockport the result was that the residents were no longer struggling with food, so they were able to pay other bills.
  5. Community ownership – the passionate locals are the ones who will make sure that it works
  6. Resilient communities – people engage with food! Can be very transformational for communities.
  7. Promoting dignity, choice and community

*PowerPoint Presentation is attached!*

### **Questions:**

- **Is it different to a Community Fridge?** Very different ...
- **How much space do you need?** Need to have space to accommodate 2-3kg of food per week – goal is for all of this to go.
- **How many people can a Social Kitchen support?** Anticipate about 150 members – beware, this gets filled very quickly. You can then work with, support and elevate these families, to the point that they no longer need the service, and then create a space for another family to come in, strongly creating and supporting local social change!
- **How else can we help the families we will be supporting?** Workshops could be run alongside the pantry to engage members and help to improve and elevate [captive audience], or maybe a cookery group where people can learn how to use unfamiliar ingredients, exchange recipe ideas, as well as making new connections and reducing social isolation.
- **When is FS open? Can this service be run out-of-hours?** FS operates Mon-Fri 8-6, Saturday 8-12 (because this is when most organisations are operating). There is the potential for out-of-hours service / support.

### **AOB**

#### Update on AgeUK

- Food2You project secured funding early this year and has now been staffed – Caroline Hughes is the new coordinator
- Project is based on Scotland's Food Train Model
- Focuses on malnutrition of the elderly

- Selling food to elderly in an accessible way
- Money has been secured for 2 vans to run deliveries of food parcels for three-years.
- Will run across north Lewisham, north Lambeth, and then expand

### **Update on Healthy Start Lewisham** – Lakhvinder Matharu

#### About HS Lewisham:

- National gov initiative in place to improve health and wellbeing of young families with children under 4 and women in pregnancy
- Families that qualify get vouchers for food weekly and also free vitamins every 8 weeks
- Families are required to apply for the vouchers, so raising awareness is key to successful uptake, as well as distribution of the application forms amongst community organisations, children’s centres and housing providers
- 5.5£m of HS vouchers are unclaimed every year!
- Vouchers can be exchanged for cow’s milk, fruit and veg
- Who gets what – please see slide on unclaimed vouchers in HS presentation attached
- Can accumulate to around 40£ a month of subsidised fruit and veg
- Lewisham Free D – Vitamin D supplement are available in Lewisham to all pregnant women from 10 weeks into their pregnancy
- Children’s centres do assessments with families to check whether they are eligible and whether they are getting their vitamins
- We would like to reach more community organisations, food banks, social supermarkets, etc, to have the conversations and increase the uptake. Some people also working with supermarket staff and training check out staff to initiate the conversations

#### ***How could your organisation support this?***

- One way could be helping families to fill in the form to send off to a health professional
- Could you supply the forms at your centre?
- Help to raise awareness of the scheme – word of mouth, promote on social media, book a training session for your staff with GCDA (contact [livia@gcda.org.uk](mailto:livia@gcda.org.uk)) to learn more about the HS programme and how you can support families
- Link: [www.healthystart.nhs.uk/for-health-professionals/](http://www.healthystart.nhs.uk/for-health-professionals/)

#### Eligibility criteria:

- 16,109£ income, etc.
- There is a helpline number (0300 123 1002 - code HS01) to find out eligibility.
- Women under 18 get vouchers regardless of financial situation

#### Where can vouchers be taken?

- Tesco
- Lidl
- All large supermarkets.
- Says online where they are accepted
- As long as you sell one of the online products you can be a retailer

#### Lakhvinder asked the group for their ideas on how to increase the uptake of HS:

- Libraries?

- Churches and faith groups - how to penetrate? Is there a central point of contact - the Deans. There is also a faith leaders forum. Food Banks at churches
- Leisure centres – Fusion?
- Net mums advertising / by Twitter- Social media
- Schools - promote through Facebook pages on school networks?
- Social media support
- Community Champions for HS
- Tapping peoples' other social responsibilities

#### Local Champions for HS, 22/02/2018

- Theresa Webb - champion, leaflets at community cafe
- Jenny Couper NXGTrust
- 
- *If you would like to put your name down to be a community champion to support HS in Lewisham, please contact me at [eliza@qcda.org.uk](mailto:eliza@qcda.org.uk)*
- 

Catford Food Market launching on March 25th - what else can they do. What is the social good, etc. Collection point / information / etc.

**Holiday Meals Workshop** – led by Gwenda Scott

#### Attending

Shereene Weston, Karis Betts, Graheme Fox, Lakhvinder Matharu, Rachel Ledwith, Kareem Dayes, Tosin, Deborah Efemeni, Eliza Stuart, Uleeta, Nina Avramova

#### Background to Holiday Meal Provision in Lewisham

- >25% of children in Lewisham (those under 20 yrs old) live in poverty
- Maps on slides - red areas show the most deprived areas in the borough

Workshop Ideas: Who needs to be involved? Where do we target? What is our aim?

#### Who needs to be involved?

- Rachel – FareShare currently have funding from Asda carrier bag scheme. One target of this is to supply 460 holiday hunger clubs across UK so have some capacity. Asda are also helping FS to source more fruit & veg.
- Youth provision, childrens centres / adventure playgrounds
- Schools

#### Volunteer force:

- Needs to be volunteer-led — Action: Call-out for Holiday Meals volunteers in Lewisham
- Youth provision - getting volunteers from youth services
- Lewisham Work Experience - contact for volunteers
- Police cadets
- Local residents

#### Spaces / Locations:

- Groups already offering holiday meals need to be approached and asked if they are willing to partner with us to expand their capacity.

- Schools opening in the holidays already – need to identify – are they open, what are they offering in the summer, are they willing to support HM programme - identify the schools, then Chartwells can go into those schools and support their delivery
- Evelyn - Deptford folk, Albany, could they offer holiday meals?
- Vacant units in shopping centre – Could Deborah see whether there is a potential for these to be used as a pop-up holiday kitchen? Approach a corporate and say - we need to provide \_ facility in the space, Chartwells may then be able to provide the equipment – this model would get very good media coverage and could lead to support/sponsorship from corporates.
- Perry Vale - not much youth provision in ward, but has a lot of schools
- Secondary schools have to be open for two weeks during period open for exams - a-level and GCSEs results
- For independent organisations - if setting anything up, how could food be included in your offer?

#### Money and budget:

- Gwenda's budget can support equipment this year potentially
- Fshare - 25£ for delivery – this would have to be agreed with the supporting organisations as a cost they can cover

#### Set backs

- Lots of ppl interested in supporting holiday meals have often never run food provision before – training and support required / go to places where they already have skills in place / these places could have a wrap / food salad station. Meat or vegetarian. Accessible and easy for volunteers.

#### Other points:

- Lewisham is a huge borough and each ward has a different character / different things to offer. This means that different models may need to be developed to put in place in different areas
- Chartwells are also supporting holiday meals programme in partnership with Kitchen Social – looking to run a holiday meals programme at the Green Man in the Easter Holidays. Also looking for more leisure centres to provide to – main focus of the meals programme is food education, but also provides all children with a meal.
- Chartwells are training up their staff with FSL2
- Youth service are keen to be involved (in Kitchen Social programme, so far)

#### Time Scale

- 1 month more to tease out what we want to do – by Easter Hols – so have time to organise training etc.

#### **Agreed actions from attendees:**

- Fareshare, if we ask for certain stuff, can put in particular requests to providers for specific foods.
- Public health - speaking to youth first, and Deborah about vacant lots
- Lewisham homes - help with comms + public health comms
- Community café - torrison road - could support - also for running other things
- GCDA - training for groups on how to provide healthy food and a holiday meal - cookery club tutors?
- Eliza - Solidify offers from groups: FareShare, Chartwells, Community Groups, Vacant Spaces, Kitchen Social; Send out holiday meals how to pack developed by GCDA when ready.

#### **Upcoming meeting dates:**

- 7<sup>th</sup> March 2018, 12.30-3pm, venue TBC – GFL Network meeting / Lewisham Food Festival Meeting
- 22<sup>nd</sup> March 2018, 10-12 am, venue TBC – Lewisham Community Skills Meeting
- 10<sup>th</sup> May 2018, 12.30-3pm, venue TBC – Lewisham Food Poverty Sub Group meeting